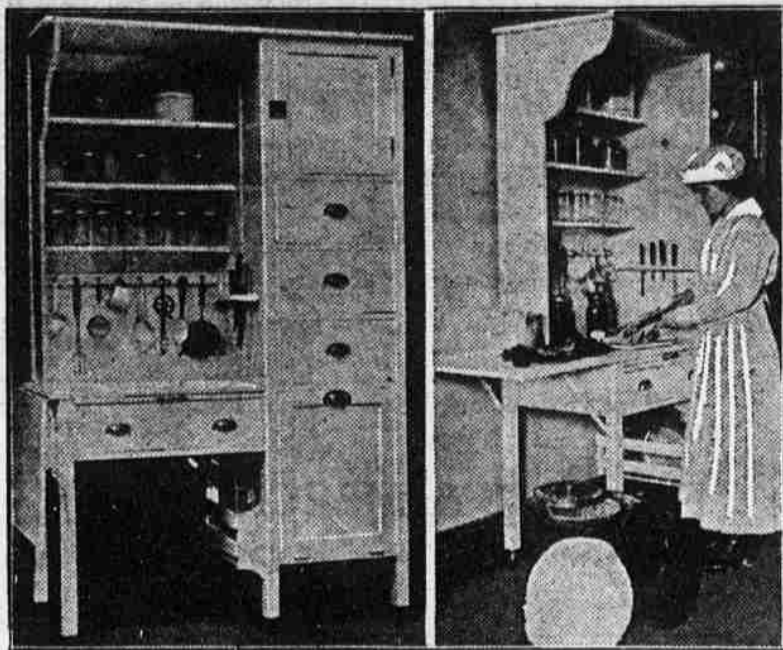


The Housewife and the War

(Special Information Service, United States Department of Agriculture.)

CABINET IS HOUSEWIFE'S WORKING PARTNER.



A Homemade Cabinet That Is Sanitary, Convenient and Attractive—Not Expensive.

KITCHEN HELPER FOR HOUSEWIVES

Cabinet Saves Walking To and
From Necessary in Prepara-
tion of Food.

WELL-SEASONED WOOD BEST

Convenience Especially Suitable Where
Space Is Limited—Place Provided
for Fireless Cooker When
Not in Use.

A kitchen cabinet is just as important to the housekeeper as the bench to the workman or the laboratory desk to the chemist. With it the housekeeper can sit down comfortably with her whole kitchen workshop easily within her reach. It saves walking to and from to gather this thing and that to prepare the food. And every kitchen should have a stool of the right height to enable the worker to sit at her work at the cabinet. The home-made cabinet shown in the illustration is sanitary, convenient, and attractive. It is especially suitable and compact for kitchens in which cabinet space is limited.

A home-made cabinet can be built with moderate expense if outside labor need not be employed. If both lumber and labor must be purchased, the cost will equal that of a ready-made cabinet. The cabinet must be made of good wood, well seasoned. That is the most important consideration. Poorly seasoned wood warps and swells and is a constant annoyance in opening and closing doors and drawers.

Dimensions of the Cabinet.

The cabinet shown in the illustration is 6 feet 3 inches high to the top of the closet, 31 inches high to the top of the table. It is 21 inches deep and 48 inches wide. The part of the cabinet below the table contains the flour bin, large drawer, rack and dough or pastry board. The bin is fastened to the frame with loose-pin hinges. By removing the pins the entire bin can be removed, cleaned, and replaced. The bin can be lined with tin to make it moisture, insect, and mouse proof. The dough board should be made of a wood that is tasteless and odorless and should be fitted well in the opening just below the table. A batten is tongued and grooved on each side of the board to prevent it from warping. The roomy drawer can be used for small utensils. The open space below the drawer can be occupied by the kitchen stool or the home-made fireless cooker when they are not in use.

Pie pans, lids, and covers have a most convenient place in the rack below the drawer. A drop table 21 inches wide and 19 inches long increases the table surface. This table is supported by inexpensive folding brackets.

Provisions for Many Things.

The upper part of the cabinet consists of a closed compartment, three drawers, three open shelves, knife rack, and row of screw hooks for hanging utensils. The closed compartment is for package goods and large utensils. The drawers are for kitchen linen and other things needed in daily use. The lower shelf is 5 inches in depth, while the upper shelves are

SAVE A LITTLE SUGAR TO- DAY.

Candy at Meal Time Only.

Candy is a concentrated food, and should be eaten with moderation. Though we like it, it is not a necessity. It is always best to eat candy as a part of the meal to replace some other food. Eating it between meals not only means needless use of sugar, but often causes a loss of appetite for other foods. Apply this suggestion to the children. If they are to eat candy it should be a part of the meal. Between meals let them have bread and butter, a cracker, or fruit.

7½ inches. On these shelves are kept coffee, tea, sugar, and spice jars. Three inches below the lower shelf is a strip 1½ inches wide which holds the screw hooks. The knife rack is made by sawing slashes 1 inch deep in a piece of material 2 inches wide.

The cabinet is finished with two coats of white paint and one coat of white enamel. It can be easily kept clean and sanitary. Metal or wooden handles may be used.

APPLE SCRAPPLE IS GOOD.

Fried apples are good with fried scrapple. Yes, answers the healthy appetite, even though it be not acquainted with fried scrapple. Every cook knows how to fry apples, many do not know how to make scrapple—excellent at any meal.

Ingredients.

Whole hog heads.....pounds... 10
Hog livers and hearts.....do.... 2½
(A small quantity of beef can be used also if desired.)
Corn meal (yellow or mixed).....pounds 6
Buckwheat or rye flour.....do.... ½
Spices, as marjoram, sage, thyme, and pepper in proportion as desired, or omit those not desired.....oz.... 3
Salt.....pounds... ½
Liquid in which meat is boiled; use a quantity equal to the total weight of the combined solids.

The proportion of ingredients may be varied to individual taste.

Directions for Preparing.

Clean the hog heads thoroughly, removing the eyes and ear tubes. Split the head lengthwise and remove the teeth and the soft bones in and near the nasal cavities. Place the hog heads and other meat into a large kettle or caldron with a liberal quantity of water and cook until the meat falls off the bones. Remove all of the meat and soft tissues from the bones and chop the meat by passing it through a meat grinder. Strain the cooking liquid to remove any small pieces of bone. Place the liquid back into the kettle. Heat to boiling point, at which time slowly add the meal and flour, and stir constantly to prevent the meal from forming into lumps and also to avoid scorching. Boil and stir until the mass becomes thick, and then add the salt, spices, and chopped meat. Boil ten minutes, and while still hot, pour the product into deep wet molds—bread pans will do. Pour two to four large spoonfuls of melted lard over the product in the pans. As soon as the product has cooled it is ready for use.

The usual way of serving scrapple is to cut it into slices about one-half inch thick, dust the slices with flour or cracker dust, or dry cornmeal, and fry until the outside is somewhat crisp. Serve hot.

Proof that Some Women do Avoid Operations

Mrs. Etta Dorion, of Ogdensburg, Wis., says:

"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."

How Mrs. Boyd Avoided an Operation.

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well."

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARIE BOYD, 1421 5th St., N. E., Canton, Ohio.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Before Submitting To An Operation

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.



ON REBOUND, AS IT WAS

No Doubt Many Public Officials Would Wish, as This One Did, for "Subsequent Insertion."

Years ago W. H. Wiley, organizer of the Terre Haute school system, now retired, was scathingly rebuked by a Terre Haute newspaper over some official act.

The morning after the attack was made Mr. Wiley met a reporter for the newspaper.

"I don't think you were a bit just to me," said Mr. Wiley.

The young man held up his hand deprecatingly and offered some solicitude. "You know, Mr. Wiley, first reports are always exaggerated," he said.

Whereupon Mr. Wiley told a story—one he is still fond of telling newspaper men.

"My father once went into the office of the first newspaper printed in Indiana," said Mr. Wiley. "It was the Locomotive, if I remember rightly. My father asked the price of advertisements."

"One dollar for the first insertion and 50 cents for subsequent ones," was the editor's reply.

"Well," said my father, "Give me a subsequent one."

"Now, young man," said Mr. Wiley to the reporter, "the next time you write me up, give me a subsequent insertion."—Indianapolis News.

Always Before Him.

"He is a great stickler for procedure, isn't he?"

"I should say so! Why, even the furniture covers in his house are all bound with red tape."

The man who blows his own horn is merely a self-entertainer.

False teeth are one thing, but a false tongue behind them is another.

Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada

CO-OPERATIVE FARMING IN MAN POWER NECESSARY
TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR

Protested Proverb.

"Half the world does not know how the other half lives"—this we think is a large overestimate of the number of people who mind their own business.—Boston Transcript.

Be careful to develop your talents.—Charles Dickens.

Nothing rattles a timid belle like an engagement ring.

If there is anything in the pot when a gambling place is raided it may be applied on the costs and fines of the owners of the money, Attorney General McGhee of Ohio rules in effect.

We must get ready for places before we can get them and keep them.—Ralph Parlette.

It's a great pity that some animals can't talk and some men can.

22 Million Families in the United States

IF EACH FAMILY saved one cup of wheat flour it would amount to 5,500,000 pounds, or more than 28,000 barrels. If this saving was made three times a week, it would amount to 858,000,000 pounds, or 4,377,000 barrels in a year.

You can do your share in effecting this saving and really help to win the war by omitting white bread from one meal today and baking in its place muffins or corn bread made according to this recipe:

Corn Meal Muffins

½ cup corn meal
1½ cups flour
½ teaspoon salt
4 teaspoons Dr. Price's Baking Powder
2 tablespoons sugar
No eggs
1 cup milk
2 tablespoons shortening

Sift dry ingredients together into bowl; add milk and melted shortening and beat well. Bake in greased muffin tins in hot oven about 20 minutes. Same batter may be baked as corn bread in greased shallow pan.

New Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods mailed free.

DR. PRICE'S CREAM BAKING POWDER, 1013 Independence Boulevard, Chicago

FOOD WILL WIN THE WAR